

CBSC School Food Policy

Healthy Eating and Nutrition

Policy implementation date: April 2026 · Reviewed annually

1. Introduction

Carshalton Boys Sports College believes in the importance of a healthy, nutritious and balanced diet for all our pupils. We are dedicated to providing an environment that promotes healthy eating and enables pupils to make informed choices about the food they eat. Our school recognises the important connection between healthy eating and a pupil's ability to learn effectively and achieve.

2. Aims and Objectives

The main aims of our school food policy are:

- To ensure that all aspects of food and nutrition in our school promote the health and wellbeing of the whole school community
- To provide a range of freshly produced food, using locally sourced produce
- To ensure that dietary, allergen and cultural requirements for pupils and staff are catered for daily
- To ensure the School Food Standards are implemented
- To support pupils to make healthy choices and be better prepared to learn and achieve
- To ensure pupils are fed even when low on funds

3. Food and Drink Provision at CBSC

Our established in-house catering team has been awarded the Food for Life Silver Award and holds a 5★ Food Hygiene Rating. We are a nut-free and gum-free school. All members of our Catering Team are trained in food safety, food hygiene and hold certificates in allergen training.

We pride ourselves on the quality of food which we produce. All meals are cooked on site using fresh sustainable produce, which is sourced locally whenever possible. Our dishes meet nutritional standards, including a variety of starchy foods, fruits, vegetables and wholegrains. We ensure that dietary, allergen and cultural requirements are catered for daily.

The school offers three services and has four food venues within the school site — the Café and three Refuel Huts:

- Breakfast — operates between 7.30am–8.20am every day. We serve free cereal and bagels as part of the National School Breakfast Programme as well as a selection of breakfast roll options and toast.
- Break — operates between 10.55am–11.20am. We serve a selection of sandwiches and homemade hot baguettes as well as snack items such as pizza, garlic bread and homemade chicken pockets.
- Lunch — operates between 1.20pm–2.00pm. We serve a selection of freshly homemade hot meals including a pasta bar with sauces.

The weekly menu, developed by our Chef Manager Dave, can be found on our website alongside our price list. We offer a range of drinks which comply with School Food Standards, including water, semi-skimmed milk and juices containing 0.5g sugar.

4. Packed Lunch Guidance

Our packed lunch guidance aims to support pupils to have a balanced lunch and best prepare them for learning in the afternoon.

Packed lunches should aim to include:

- Some starchy foods (wholegrain where possible) such as bread and wraps, potatoes, pasta or couscous
- Fruit
- A portion of vegetables or salad
- A source of protein such as meat, fish or eggs

Packed lunches should not include:

- Sweets
- Fizzy, carbonated or energy drinks
- Any items containing chocolate or nuts

5. Free School Meals

Free School Meals provide nutritious meals that support pupils' learning, concentration, physical health and well-being. Eligibility has expanded to include all children in households receiving Universal Credit. Families should check their local authority website for the most up-to-date information and to submit applications.

6. Food Education

Cooking and nutrition are a compulsory subject within the Design & Technology curriculum. There are opportunities for pupils to develop knowledge and understanding of health, including healthy eating, food provenance and practical skills such as designing, preparing and cooking food.

7. Staff and Visitors

All adults, including staff and external visitors, influence pupils' knowledge, skills and attitudes towards food and drink. It is therefore important that they have a positive attitude and act as healthy role models. At every opportunity they should promote healthy choices and reflect our philosophy and approach to food and nutrition.